

# Take action for optimal health

NJWELL is the SHBP/SEHBP's wellness program focused on helping you take action for optimal health. By participating in healthy activities – staying current on your preventive health screenings and participating in online activities and personal wellness coaching – you can have a big impact on maintaining or improving your health.

In Year 2 of the program (November 1, 2014 through October 31, 2015), you and your covered spouse/partner can start earning rewards even if you missed your chance in 2014! To receive your initial \$100 incentive, you need to attain 300 points. Use the chart below for step-by-step instructions on how to earn points.



| <b>Step 1: These activities are required by all participants.</b>   |  | <b>Point Values</b> |
|---|--|---------------------|
| Health assessment   |  | 150                 |
| Biometric screening   |  | 100                 |
| <b>Step 2: Elective activities – build points to attain your 1st reward! 300 points = \$100 incentive</b>   |  | <b>Point Values</b> |
| Chat by phone with a disease management coach (if you are eligible)   |  | 100                 |
| Flu shot  |  | 75                  |
| Participate in online coaching  |  | 50                  |
| Age/gender-appropriate screening (annual well visit, mammogram, pap test, colon cancer screening, or prostate screening); each exam earns 25 points.                                    |  | 25                  |
| Participate in an online activity (i.e., track your steps, healthy eating, etc.)  |  | 25                  |
| <b>Step 3: Go for it!</b>   |  |                     |
| When you reach 300 points, a \$100 Visa <sup>®</sup> prepaid card will be mailed to you!  |  |                     |
| <b>But why stop there? Keep going!</b>  |  |                     |
| Additional incentives are available for attaining different point levels:<br>400 points = additional \$50 incentive <sup>2</sup><br>500 points = additional \$50 incentive <sup>2</sup> |  |                     |

You have until October 31, 2015 to earn up to 500 points – that's a possible \$200 in rewards! Don't forget, your covered spouse/partner can also earn his or her own incentive card by earning points. That's a potential \$400 per couple!

For more information, visit the New Jersey Division of Pensions and Benefits' website at [nj.gov/njwell](http://nj.gov/njwell).

Speak with your doctor before starting a new nutrition or exercise regimen.

NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP.

<sup>1</sup> Cards are issued by Citibank, N.A. pursuant to a license from Visa U.S.A. Inc. and managed by Citi Prepaid Services. Cards will not have cash access and can be used everywhere Visa<sup>®</sup> debit cards are accepted.

<sup>2</sup> In addition to the initial \$100 Visa<sup>®</sup> prepaid card, another card will be issued at the end of calendar year 2015. If you earn 400 points total, the second card will be for \$50. If you earn 500 points total, the second card will be for \$100. Five hundred points is the maximum reward level.